



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 35149, Fish, halibut, raw, with skin (Alaska Native)

Report Date: July 16, 2017 02:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	73.44	4	1.584	69.24	77.26	2.0	66.622	80.256	1	Analytical or derived from analytical	--	04/2006
Energy	kcal	116	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Energy	kJ	484	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Protein ¹	g	20.53	4	0.539	18.5	22.19	2.0	18.21	22.848	1	Analytical or derived from analytical	--	04/2006
Total lipid (fat) ¹	g	2.92	4	0.964	0.74	5.92	2.0	-1.225	7.074	1	Analytical or derived from analytical	--	04/2006
Ash ¹	g	1.30	4	0.004	1.29	1.31	2.0	1.279	1.315	1	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	1.81	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Minerals													
Calcium, Ca ¹	mg	20	4	1.099	5	27	2.0	14.896	24.354	1	Analytical or derived from analytical	--	04/2006
Iron, Fe ¹	mg	0.27	4	0.021	0.15	0.36	2.0	0.174	0.358	1	Analytical or derived from analytical	--	04/2006
Magnesium, Mg ¹	mg	26	4	0.498	22	28	2.0	23.482	27.768	1	Analytical or derived from analytical	--	04/2006
Phosphorus, P ¹	mg	244	4	4.023	220	262	2.0	226.189	260.811	1	Analytical or derived from analytical	--	04/2006
Potassium, K ¹	mg	449	4	12.127	420	487	2.0	396.822	501.178	1	Analytical or derived from analytical	--	04/2006
Sodium, Na ¹	mg	79	4	3.888	55	98	2.0	62.521	95.979	1	Analytical or derived from analytical	--	04/2006
Zinc, Zn ¹	mg	0.61	4	0.045	0.54	0.74	2.0	0.416	0.802	1	Analytical or derived from analytical	--	04/2006
Copper, Cu ¹	mg	0.042	3	0.002	0.04	0.05	2.0	0.032	0.052	1	Analytical or derived from analytical	--	04/2006
Manganese, Mn ¹	mg	0.011	3	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2006
Selenium, Se ¹	µg	51.1	4	2.841	45.8	60.1	2.0	38.877	63.323	1	Analytical or derived from analytical	--	04/2006

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Thiamin ¹	mg	0.066	4	0.005	0.05	0.09	2.0	0.045	0.087	1	Analytical or derived from analytical	--	04/2006
Riboflavin ¹	mg	0.072	4	0.003	0.04	0.09	2.0	0.059	0.085	1	Analytical or derived from analytical	--	04/2006
Niacin ¹	mg	5.762	4	0.815	2.74	8.33	2.0	2.254	9.271	1	Analytical or derived from analytical	--	04/2006
Pantothenic acid ¹	mg	0.377	4	0.047	0.27	0.47	2.0	0.177	0.578	1	Analytical or derived from analytical	--	04/2006
Vitamin B-6 ¹	mg	0.390	4	0.006	0.18	0.47	2.0	0.366	0.415	1	Analytical or derived from analytical	--	04/2006
Folate, total ¹	μg	15	4	2.315	9	24	2.0	5.478	25.397	1	Analytical or derived from analytical	--	04/2006
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2006
Folate, food	μg	15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Folate, DFE	μg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Vitamin B-12 ¹	μg	1.78	4	0.115	0.71	2.36	2.0	1.281	2.269	1	Analytical or derived from analytical	--	04/2006
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	μg	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Retinol	μg	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	157	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol) ¹	mg	1.90	4	0.989	0.49	5.01	2.0	-2.353	6.158	1	Analytical or derived from analytical	--	06/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta ¹	mg	0.03	4	0.020	0	0.09	2.0	-0.061	0.116	1	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma ¹	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
Tocopherol, delta ¹	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) ¹	µg	0.0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
Lipids													
Fatty acids, total saturated	g	0.726	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
10:0 ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
12:0 ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 ¹	g	0.088	4	0.027	0.01	0.18	2.0	-0.026	0.203	1	Analytical or derived from analytical	--	04/2006
15:0 ¹	g	0.008	4	0.002	0	0.01	2.0	--	0.015	1	Analytical or derived from analytical	--	04/2006
16:0 ¹	g	0.383	4	0.097	0.08	0.74	2.0	-0.033	0.798	1	Analytical or derived from analytical	--	04/2006
17:0 ¹	g	0.004	4	0.001	0	0.01	2.0	0.001	0.007	1	Analytical or derived from analytical	--	04/2006
18:0 ¹	g	0.088	4	0.018	0.03	0.15	2.0	0.01	0.167	1	Analytical or derived from analytical	--	04/2006
20:0 ¹	g	0.005	4	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	04/2006
22:0 ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
24:0 ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	1.195	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 ¹	g	0.004	4	0.001	0	0.01	2.0	-0.001	0.008	1	Analytical or derived from analytical	--	04/2006
15:1 ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated ¹	g	0.231	4	0.075	0.02	0.5	2.0	-0.094	0.555	1	Analytical or derived from analytical	--	04/2006
17:1 ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated ¹	g	0.591	4	0.190	0.09	1.26	2.0	-0.225	1.407	1	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 ¹	g	0.106	4	0.035	0.03	0.23	2.0	-0.044	0.257	1	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated ¹	g	0.002	4	0.000	0	0.01	--	--	--	1	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
22:1 c ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
24:1 c	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	0.912	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated ¹	g	0.018	4	0.006	0	0.04	2.0	-0.007	0.042	1	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated ¹	g	0.009	4	0.003	0	0.02	2.0	-0.005	0.022	1	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
18:3 n-3 c,c,c (ALA) ¹	g	0.012	3	0.004	0.01	0.02	2.0	-0.007	0.03	1	Analytical or derived from analytical	--	04/2006
18:3 n-6 c,c,c ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
18:4	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c ¹	g	0.010	4	0.003	0	0.02	2.0	-0.002	0.021	1	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated ¹	g	0.003	4	0.001	0	0.01	2.0	-0.001	0.008	1	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated ¹	g	0.028	4	0.009	0	0.06	2.0	-0.011	0.067	1	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA) ¹	g	0.217	4	0.091	0.07	0.51	2.0	-0.176	0.611	1	Analytical or derived from analytical	--	04/2006
21:5	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:4	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA) ¹	g	0.059	4	0.020	0.01	0.13	2.0	-0.027	0.144	1	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA) ¹	g	0.393	4	0.091	0.13	0.72	2.0	0.002	0.784	1	Analytical or derived from analytical	--	04/2006
Cholesterol ¹	mg	72	4	0.344	53	79	2.0	70.196	73.154	1	Analytical or derived from analytical	--	04/2006
Amino Acids													
Tryptophan ¹	g	0.311	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Threonine ¹	g	0.954	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine ¹	g	0.943	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine ¹	g	1.598	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine ¹	g	1.820	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine ¹	g	0.799	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine ¹	g	0.355	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine ¹	g	0.821	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine ¹	g	0.699	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine ¹	g	1.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine ¹	g	1.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Histidine ¹	g	0.499	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine ¹	g	1.187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid ¹	g	2.796	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid ¹	g	3.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine ¹	g	0.932	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline ¹	g	0.732	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine ¹	g	0.910	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Hydroxyproline ¹	g	0.183	3	0.066	0.09	0.31	2.0	-0.099	0.466	1	Analytical or derived from analytical	--	04/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	Assumed zero	--	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	Assumed zero	--	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	Assumed zero	--	--	04/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD